



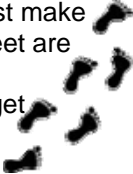







To A Healthier You

 **July 2007**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Replace high-saturated fat/high-calorie seasonings with herbs grown in a small herb garden in your kitchen window.	2 Get out of your old physical activity routine and try something new! Hiking, rock climbing, squash or badminton — you just might find a new activity you like! 	3 Try switching to brown rice from the traditional white rice. Brown rice is higher in fiber and other nutrients. You can even boil it in vegetable broth for an added flavor kick.	4 Don't get stopped by "all-or-nothing thinking about exercise. Thirty to sixty minutes of physical activity a day is great, but research proves that even 10 minutes of exercise can provide important health benefits.	5 Do you know what is at the back of your refrigerator? Try cleaning out the old food and restocking your fridge with lots of fresh fruits and vegetables. 	6 Use physical activity rather than food as a reward (e.g., family goes in-line skating).	7 5 to 13 A Day every-day! When you go to the grocery store be sure to notice all the fresh fruits and vegetables, not just the ones you routinely eat. Try a new fruit or vegetable today and savor the spectrum!
8 Make Exotic Vegetables Part of Your 5 A Day Plan: cook chayote with carrots for a blend of flavors. 	9 Play traditional and modified backyard sports: basketball, softball, volleyball, tetherball, etc.	10 Make Star Fruit Part of Your 5 A Day Plan: garnish chicken, pork or fish dishes.	11 Play "Hit and Go" croquet--hit the ball and run to it - across the whole yard. 	12 Make sure you keep hydrated with water during this hot season.	13 Hot day in the sun? Dice a peach and add the pieces into your water or iced tea.	14 Cherry Popsicles are the most popular fruit flavored Popsicle! Head to the grocery store and find cherry fruit bars that are made of 100% fruit and juice.
15 Make Leeks Part of Your 5 A Day Plan: combine leeks with other vegetables like carrots, squash, and beets for a colorful side dish.	16 Beat the Monday Blues. Start your day off on the right foot - or the left. Just make sure both feet are moving fast enough to get your heart rate up. 	17 Physical activity releases chemicals in your brain called endorphins. Endorphins are the body's natural pain killer and natural mood booster.	18 Today is a great day to buy 100 percent whole wheat or whole grain bread rather than white bread.	19 Try to finish dinner before 8 o'clock. You are less likely to use all the calories you consume in the evening hours which can result in storing some or most of the calories as fat.	20 Use a bench or steps for step-aerobic workout. 	21 Select fitness-oriented gifts with the recipient's skills, interests or needs in mind.
22 Avoid liquid candy - soda. Drink smarter beverages like water, low-calorie skim milk and even a of lemon in seltzer water for a tasty alternative. 	23 Make Celery Part of Your 5 A Day Plan! Add sliced celery to your favorite green salads for an added crunch.	24 Walk to a co-worker's desk rather than using e-mail.	25 Make Edible Cactus Part of Your 5 A Day Plan! Dice and add to your favorite salsa recipe or any store bought salsa. 	26 Discover what free and low-cost physical activity areas are near your home (park, bike trail, hiking trail, tennis court, swimming pool, etc.).	27 Quarter Fennel bulbs, then boil or steam until tender. Sprinkle with Parmesan cheese and breadcrumbs. Bake. Or top with light cream sauce and low-fat cheese, and then bake casserole-style.	28 Enjoy water exercise activities. 
29 Make a low-fat banana split with frozen vanilla yogurt, bananas, and fresh cherries for a treat that is sure to be a success.	30 Take a long walk or jog on the beach. 	31 Cut watermelon into cubes and place it in the freezer for 10 minutes. Remove the cubes and enjoy a cold refreshing treat!				